



# Orthodox Heights

HolyTrinityOrthodoxChurch.org

139 Horseheads Blvd, Elmira Heights, NY 14903

Fr James Worthington, Acting Rector 315-706-6185

Sdn Shawn Michael Karney, Warden

**MAY 14, 2017**

**MOTHERS DAY**

## Christ Is Risen! Indeed, He Is Risen!

**5th SUNDAY OF PASCHA — Tone 4. Samaritan Woman.** Martyr Isidore of Chios (251). Ven. Isidore, Fool-for-Christ, Wonderworker of Rostov (1474). St. Nikita, Bishop of Novgorod and Recluse, of the Kiev Caves. Martyr Maximus (ca. 250). Ven. Serapion of Egypt (5th c.). St. Leontius, Patriarch of Jerusalem (1175). First opening of the Relics of St. Tikhon of Zadonsk (1846).

**EPISTLE:** ACTS OF THE APOSTLES 11.19-26, 29-30: Persecution scattered the faithful, but the Lord blessed their preaching and increased their number.

**GOSPEL:** John 4.5-42: Many believe because of the woman who met Christ at the well – because she told them to come and hear His words.

**GRAVE BLESSINGS:** As we continue to proclaim the Gospel of the Resurrection, it is custom to bless the graves of those who have gone on in the hope of the resurrection before us. Please see Fr James to schedule a grave blessing. **CHRIST IS RISEN! INDEED HE IS RISEN!**

**CHARITABLE RUN:** Alex and Fr James had their big race yesterday. After taking up the challenge to raise money for the ministries hall, Alex was victorious, winning by a rather wide margin. Alex and Fr James are very thankful for raising almost \$950 for the effort. Can you help us top the \$1000 mark. To continue making donations, leave your designated donation in the collection plate or go to [gofundme.com/fjandalex1](http://gofundme.com/fjandalex1). **CHRISTOS VOSKRESE! Христóсь воскресе!**

**GIFT TABLE:** There are a few gift items for sale that may be of interest in this upcoming season: Orthodox Study Bibles (a good gift for family or godchild) and some decorated

eggs. They are on a table in the basement, and payments can be given to Alex. **AL MASEEH QAM! المسيح قام! حقا قام!**

**WELCOME VISITORS!** We warmly welcome all of our visitors! It's good to have you with us! Please know that we are glad that you are here praying with us and invite you to join us after the service for a meal and to meet everyone in our community. **CHRIST IS RISEN! INDEED HE IS RISEN!**

**MUSIC WORKSHOP:** A workshop appropriate for youths and teens, and their adults, is offered by the Dio. Commission on Liturgical Music. It will help children deepen their understanding of worship and allow them to participate more fully in the Divine Liturgy. It will focus on parts of the Liturgy and hymns and prayers that can be sung at home before meals, at bedtime or on other occasions. If you are interested, see the Diocesan Website.

**BABY BOTTLE FUND DRIVE:** Choose to love the unborn and their morns and dads by picking up an empty baby bottle and take it home. Fill it with your spare change ... dollar bills or a check! Bring back your filled bottles to Church on or before Sunday, June 18th for the Southern Tier Pregnancy Resource Center to collect. Reach out to us if you'd like to become a volunteer, Board member, or prayer partner.

### FELLOWSHIP SCHEDULE:

**May 14:** S & S Cheplick

**May 21:** Dudek

**May 28:** Karney

### READERS SCHEDULE:

**For Week of: 5/13** Rdr Thomas

**5/20** Sdn Michael

**5/27** Rdr William

## PRAYER LIST

<b>LIVING:</b>	Kathleen	Kathleen	<b>NAMESDAYS:</b> None.	Debra
Apr John	Helen	Michael	<b>REPOSED:</b>	Taissia
Apr Herman	Peter	Yuri	Apr John U	Theophan
Apr Theodore	Rdr Thomas	Kira & Rebecca	Priest Matthew	Lynda
Apr Jason	Rdr David	Bill	Priest John	Alfred
Mat Joanna	Rdr Paul	Nadia	Apr Alexander	<b>NEWLY REPOSED:</b>
Mat Katherine	Maria	<u>Children:</u> All of the	Dn Mark	Clarence (5-13)
Mat Christine	Leon	Parish	Rdr Gregory	<b>ANNIVERSARIES:</b>
Mildred	Katherine	<b>BIRTHDAYS:</b> None.	Joseph C	None.
Elizabeth	Kate	<b>ANNIVS:</b> Fr James &	Steven L	
Antonina	Kristin	Liane.	Anne O	

**BY THE NUMBERS:** Last Collection: \$967. Weekly Budget: \$1100.  
MTD: \$967. Monthly Budget: \$4360. April: -228 (5 weeks).

## SCHEDULE FOR THIS WEEK

CONFESSIONS ARE HEARD BEFORE AND AFTER VESPERS AND AT ANY OTHER CONVENIENT TIME.

**SAMARITAN WOMAN SUNDAY, MAY 14:** 8:40 Hours, 9 AM Divine Liturgy and Social Hour; Cemetery Committee Meeting

**MONDAY, MAY 15:** Rector's Sabbath

**TUESDAY, MAY 16:** 8:30 Morning Prayers

**WEDNESDAY, MAY 17:** No Morning Prayers

**THURSDAY, MAY 18:** No Morning Prayers

**FRIDAY, MAY 19:** 8:30 Morning Prayers

**SATURDAY, MAY 20:** 5 PM Great Vespers

**BLIND MAN SUNDAY, MAY 21:** 8:40 Hours, 9 AM Divine Liturgy and Social Hour; Parish Council Meeting

**JUNE 4:** Pentecost (Parish Feastday)

**AUGUST 26:** Hosting NYS Deanery Church School Conference

## A WORD ON REPENTANCE

By St John Maximovitch,



When we are immersed in sins, and our mind is occupied solely with worldly cares, we do not notice the state of our soul. We are indifferent to who we are inwardly, and we persist along a false path without being aware of it. But then a ray of God's Light penetrates our soul. And what filth we see in ourselves! How much untruth, how much falsehood! How hideous many of our actions prove to be, which we fancied to be so wonderful. And it becomes clear to us which is the true path. If we then recognize our spiritual nothingness, our sinfulness, and earnestly desire our amendment - we are near to salvation. From the

depths of our soul we shall cry out to God: "Have mercy on me, O God, have mercy according to Thy mercy!" "Forgive me and save me!" "Grant me to see my own faults and not to judge my brother!"

## A SPIRITUAL INTERPRETATION OF JACOB'S WELL

By St. Maximus the Confessor

Jacob's well is Scripture. The water is the spiritual knowledge found in Scripture. The depth of the well is the meaning, only to be attained with great difficulty, of the obscure sayings in Scripture.

The bucket is learning gained from the written text of the word of God, which the Lord did not possess because He is the Word Himself; and so He does not give believers the knowledge that comes from learning and study, but grants to those found worthy the ever-flowing waters of wisdom that spill from the fountain of spiritual grace and never run dry. For the bucket - that is to say, learning - can only grasp a very small amount of knowledge and leaves behind all that it cannot lay hold of, however it tries. But the knowledge that is received through grace, without study, contains all the wisdom that man can attain, springing forth in different ways according to his needs.

From *Philokalia*, "Second Century of Various texts," II:193, 194.

# Holy Trinity Orthodox Church

Elmira Heights, New York



**SUNDAY, MAY 14<sup>TH</sup>, 2017**

**SUNDAY OF THE SAMARITAN WOMAN**

# WEEKLY HYMNS FOR SUNDAY, MAY 14<sup>TH</sup>

## Tone 4 Troparion / Resurrection

When the women disciples of the Lord learned from the **angel** / the joyous message of Thy **Resurrection** / they cast away the **ancestral** curse / and elatedly told the **Apostles** / "**Death** is **overthrown** / Christ our God is **risen** /// granting the world great **mercy**."

## Tone 8 Troparion / Midfeast of Pentecost

In the middle of the Feast, O **Savior** / fill my thirsting soul with the waters of godliness, as Thou didst **cry** to all / If anyone thirst let him come to **Me** and drink /// O Christ God, Fountain of our life, **glory** to Thee.

## Glory

### Tone 8 Kontakion / Samaritan Woman

The Samaritan Woman came to the **well** in faith / she saw Thee, the Water of Wisdom, and drank **abundantly** /// She inherited the Kingdom on high, and is ever **glorified**.

### Now & ever...

### Tone 4 Kontakion / Midfeast of Pentecost

Christ God, the Creator and **Master** of all / cried to all in the midst of the **feast** of the Law: / "Come and draw the water of **immortality!**" / We fall before Thee and **faithfully** cry: /// Grant us Thy mercies, for Thou art the **Fountain** of our life!

### Tone 3 Prokeimenon [from Psalm 47]

Sing praises to our God, sing praises / Sing praises to our King, sing praises.  
v: Clap your hands, all peoples! Shout to God with loud songs of joy!

### Alleluia Verses Tone 4

Alleluia, Alleluia, Alleluia.

Bend your bow and prosper and reign, because of truth and meekness and righteousness.  
v: You have loved righteousness and hated iniquity.

### Hymn to the Theotokos

The angel cried to the lady full of Grace: Rejoice, O pure Virgin! Again I say: Rejoice! Your Son is risen from His three days in the tomb! With Himself He has raised all the dead! Rejoice, all ye people. Shine, Shine, O New Jerusalem! The glory of the Lord has shone on you! Exult now and be glad, O Zion! Be radiant, O Pure Theotokos, in the Resurrection of your Son!

## Communion Hymn

Receive the Body of Christ. Taste the fountain of immortality. Praise the Lord from the heavens! Praise Him in the highest! Alleluia...

## During the Communion of the Clergy

### Tone 4 / Midfeast of Pentecost

There is calm now in the middle of **these** days / which commenced with Christ's saving **Resurrection** / and which are **sealed** on Pentecost, that **divine** day / Illumined by both the feasts and **joining** both / this day is radiant and also is now **made** majestic / manifesting and showing the presence of the great **glory** /// of the Ascension of our Master, **Jesus** Christ.

### Tone 1 / Samaritan Woman

**Jesus** the Well-spring of miracles came to the well at the **sixth** hour / to capture the **fruit** of **Eve** / for it was at the sixth hour that Eve departed from **Paradise** / through the **deceit** of the **Serpent** / the Samaritan woman drew near to draw **water** / and the Savior, when He saw her, **said** to **her** / "Give Me water to drink, and I will fill you with living **water**" / And running to the city, that prudent woman at once **announced** to the **multitudes** /// "Come, behold Christ the Lord, the **Savior** of our **souls**."

### Tone 2 / Samaritan Woman

When the compassionate Lord **came** to the **well** / the Samaritan woman entreated Him saying: / "Grant me the **water** of faith / and I shall receive the waters of the font of **baptism** / for rejoicing and **redemption** /// O Giver of Life, **glory** to **Thee**."

## PRAYER FOR CHURCH GROWTH

Again, we pray to Thee, O Lord our God, that you would renew us and this parish by the Power of the Holy Spirit. Fill us with love and longing for Thee. Grant that we would seek not our own will but to do Thy will in all things and to be willing to lay down our lives out of love for Thee and for our neighbor. Draw thirsty souls to this place and remove their spiritual blindness, granting them through Thy grace to see the beauty of Thy Holy Glory in this place. Fill this community with new life, spiritual vigor and an insatiable desire to live godly and holy lives. Forgive us all of our sins as we fall down before Thee. Bring us all to a greater repentance and to an amendment of our lives as we look to Thee, the only Merciful and loving Lord Who calls all to salvation. We beg Thee, our merciful Lord, hear us, grant all of these petitions and all of our requests unto salvation: We pray Thee, hearken and have mercy.

## CHRIST IS RISEN! AND OTHER SALUTATIONS...

by Elissa Bjeletich

Christ is risen! Χριστός Ανέστη! Христос воскрес!

A friend of mine recently grew frustrated with the bored, uninspired way he heard people wishing one another the Paschal greeting: “Christ is risen!” It seems that he’d attended a service where no one seemed to mean it. The priest called it out, and the bored congregation responded mechanically. The glorious news of Lord’s resurrection had become, simply, as he put it, ‘a synonym for hello’.

His irritation immediately brought me back to a moment many years ago, when I was an impertinent non-denominational college student, questioning my Orthodox boyfriend on the sign of the cross. I argued that people were just crossing themselves absent-mindedly, making it an empty gesture, another superfluous piece of tradition that was getting in the way of Jesus.

He looked at me seriously, and thought about it. He admitted that sometimes he wasn’t already in a deep, holy place, and he’d cross himself because it was ‘time’ to cross himself – but that mechanical act would call him to attention, call him to God. Making the sign of the cross, that muscle memory action, would call his brain to order: wake up, and pray now.

Sometimes we are mechanical. Sometimes the action precedes the inspiration — but that’s not always a bad thing.

Indeed, sometimes we find ourselves in a state of ‘spiritual dryness’, in which we are not feeling prayerful as we might at other times — but the advice of the Church is not to wait to pray until you feel it in your heart, but the opposite: pray harder.

“If you do not feel like praying, you have to force yourself. The Holy Fathers say that prayer with force is higher than prayer unforced. You do not want to, but force yourself. The Kingdom of Heaven is taken by force” (Matt. 11:12). — St. Ambrose of Optina (+1891)

Sometimes the action precedes the inspiration; sometimes we must force prayer in our dry state in order to fight our way back to the more fruitful season.

We’re three weeks past Holy Pascha; halfway through the Paschal season. If you are not feeling the ‘Christ is risen!’ when you call it out, don’t stop saying it. Instead, say it more forcefully — think about it, and try to mean it.

“Do not rush one prayer after another but say them with orderly deliberation, as one addressing a great person for a favor. Do not just pay attention to the words, but rather let the mind be in the heart, standing before the Lord in full awareness of His presence, in full consciousness of His greatness and grace and justice.” — St. Theophan the Recluse

Let your mind be in your heart. Stand before the Lord and let yourself go back to that place in your heart where you know what it means to proclaim the resurrection, and next time you call it out, mean it. Until then, let us call you back to it as often as we can.

Christ is risen! Truly, truly, my friends, He really is.

## WHAT DOES IT MEAN TO WORSHIP GOD IN SPIRIT AND TRUTH?

By Sergei V. Bulgakov



In the words: "The hour is coming, and now is, when true worshippers will worship the Father in spirit and truth" [John 4], the Lord Jesus Christ points out the distinctive character and features of Christian Divine Services in comparison with Old Testament worship: Christian worship is the highest and fullest worship or service to God, a spiritual and true service in relation to the physical and typological Old Testament service. The Old Testament worship was only the sign of God's covenant with the chosen people and the omen of salvation for all of the human race, which was fulfilled with the advent of Christ. This was, so to say, a will written on parchment, which, as a simple parchment, has no value, but which is precious for the one holding it, because it gives to him the right to receive the valid inheritance in due time. Whoever fulfilled the Old Testament rites with living faith in the coming of a future Redeemer, even though he did not receive the grace of redemption and salvation, but had a faithful pledge of this salvation also might die in the good hope of being a participant in the kingdom of Christ. These are not Christian mysteries: whoever receives them with living faith in the Son of God who came and suffered for us, by that same action also truly receives the grace of deliverance, sanctification and salvation. The divine grace of the All Holy Spirit of God and the all-perfect blessing of the heavenly Father are also bestowed on us in all the sacred deeds of Christians. Therefore both the performing and the participating in the sacred deeds by Christians perform a spiritual service to God and worship the Father in spirit and truth.

Together with these words of the Lord about the worship of God in spirit and in truth means that when praying to God, we should pray with all our being, in both body and spirit; that the words and actions of our prayer be the expression of the valid feelings of our heart, and not the prayer of a solitary individual. The one who prays to God in spirit is the one who, saying the words of a prayer, says them not only with the lips, but with all one's soul and heart; who, protecting himself with the sign of the cross of Christ, looks in spirit at the Lord Himself crucified on the cross; who, bending his neck, bows before God with both his heart and soul; who, prostrating himself to the ground, subjects all of himself into the hand of God in deepest humility and submission of heart, in full devotion to the will of God; who, standing in the flesh before the image of the Lord or His Most Pure Mother, in spirit stands before Him Himself, sitting on the throne of glory, and with His Most Pure Mother standing on His right hand; who, kisses with his lips a holy icon of the Lord, kisses in his heart His most pure hands and feet.